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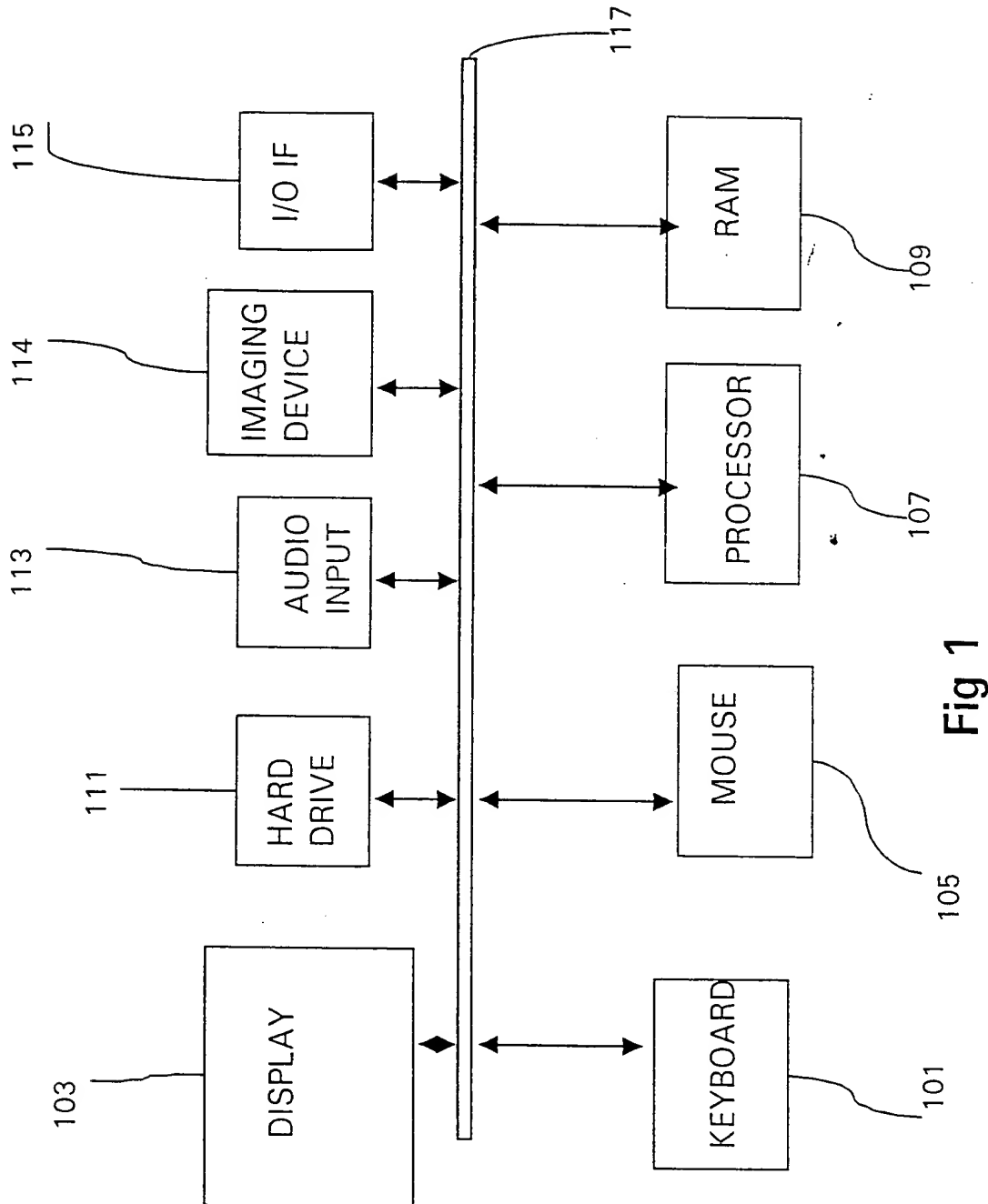
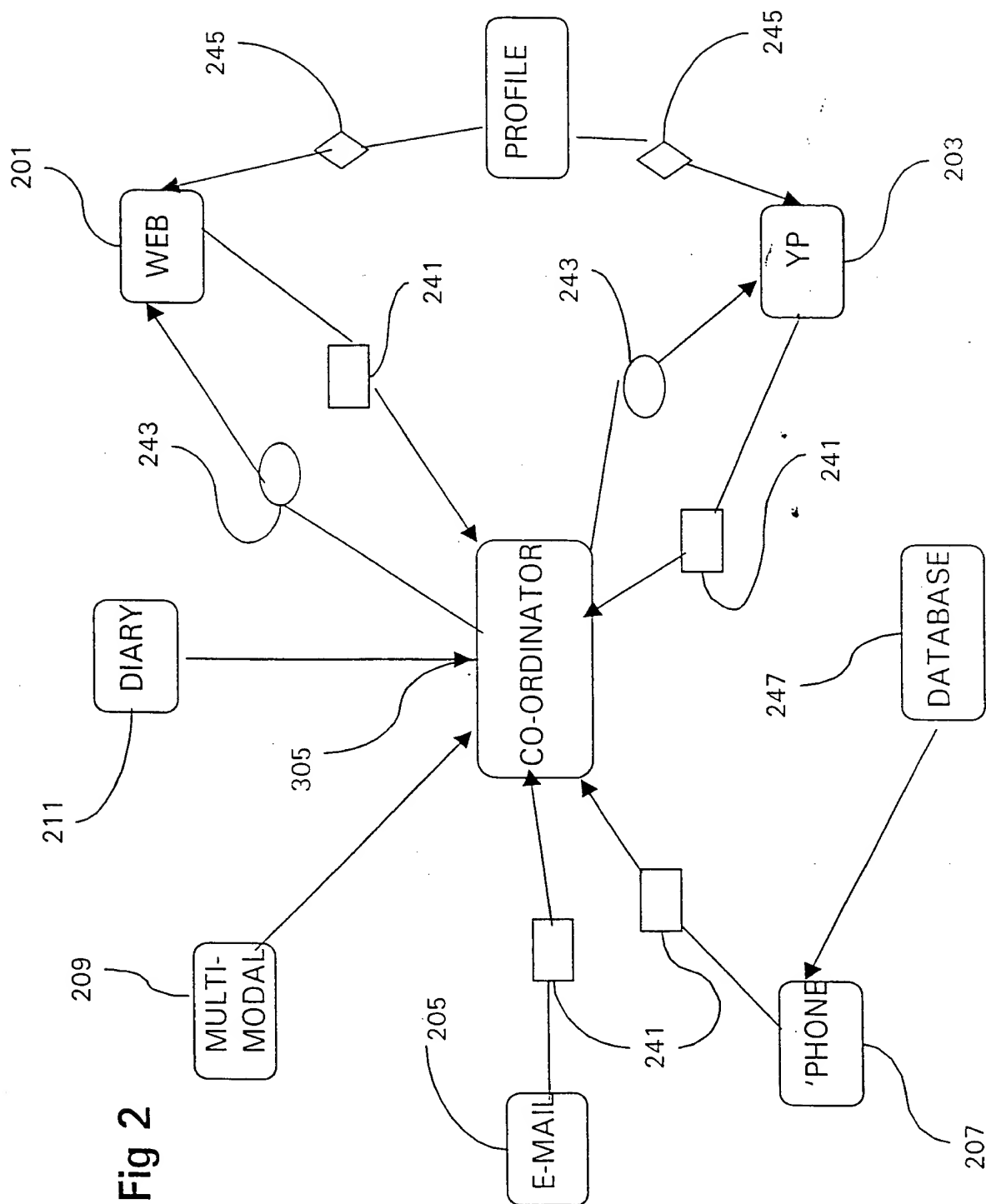
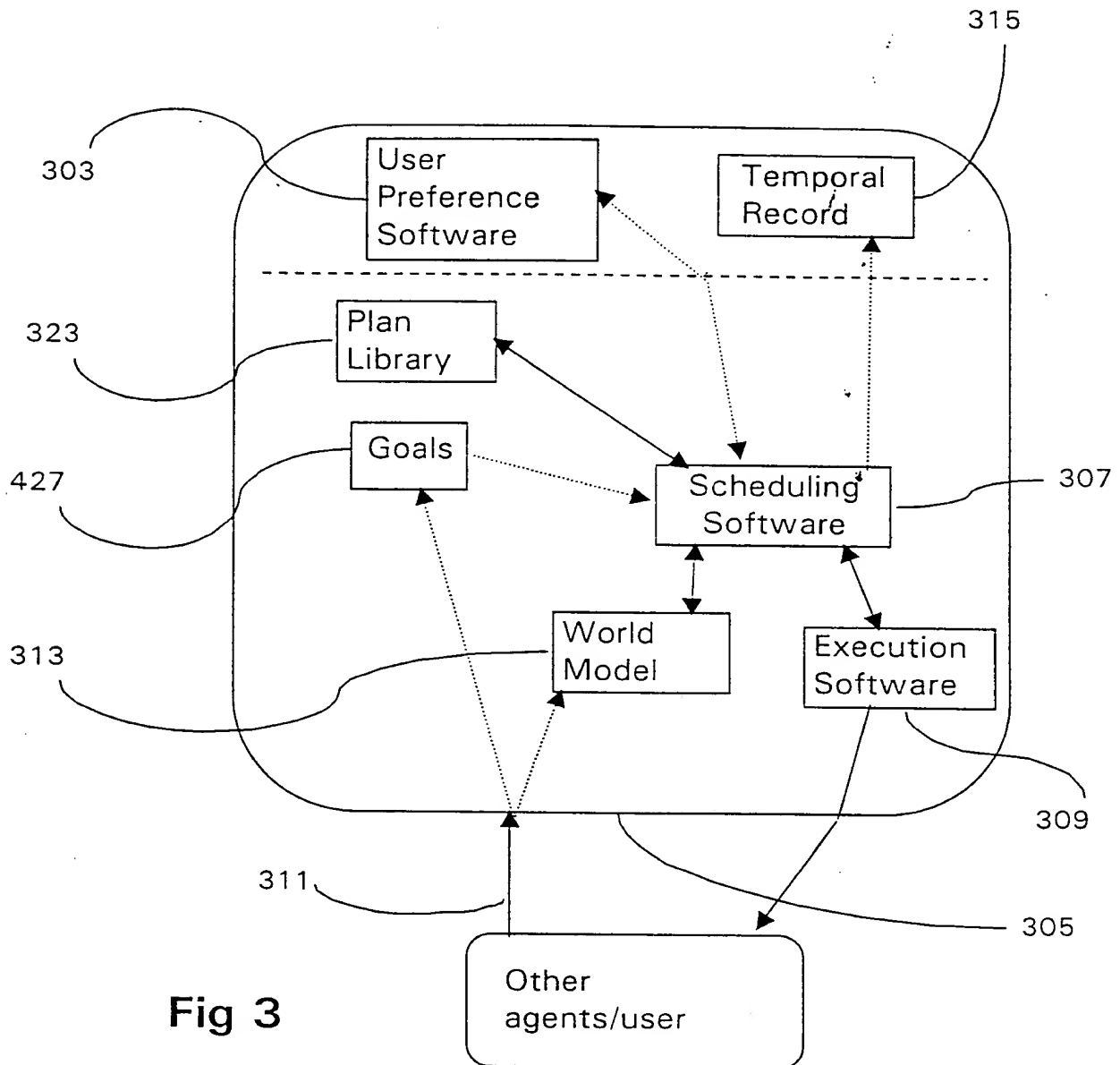


Fig 1

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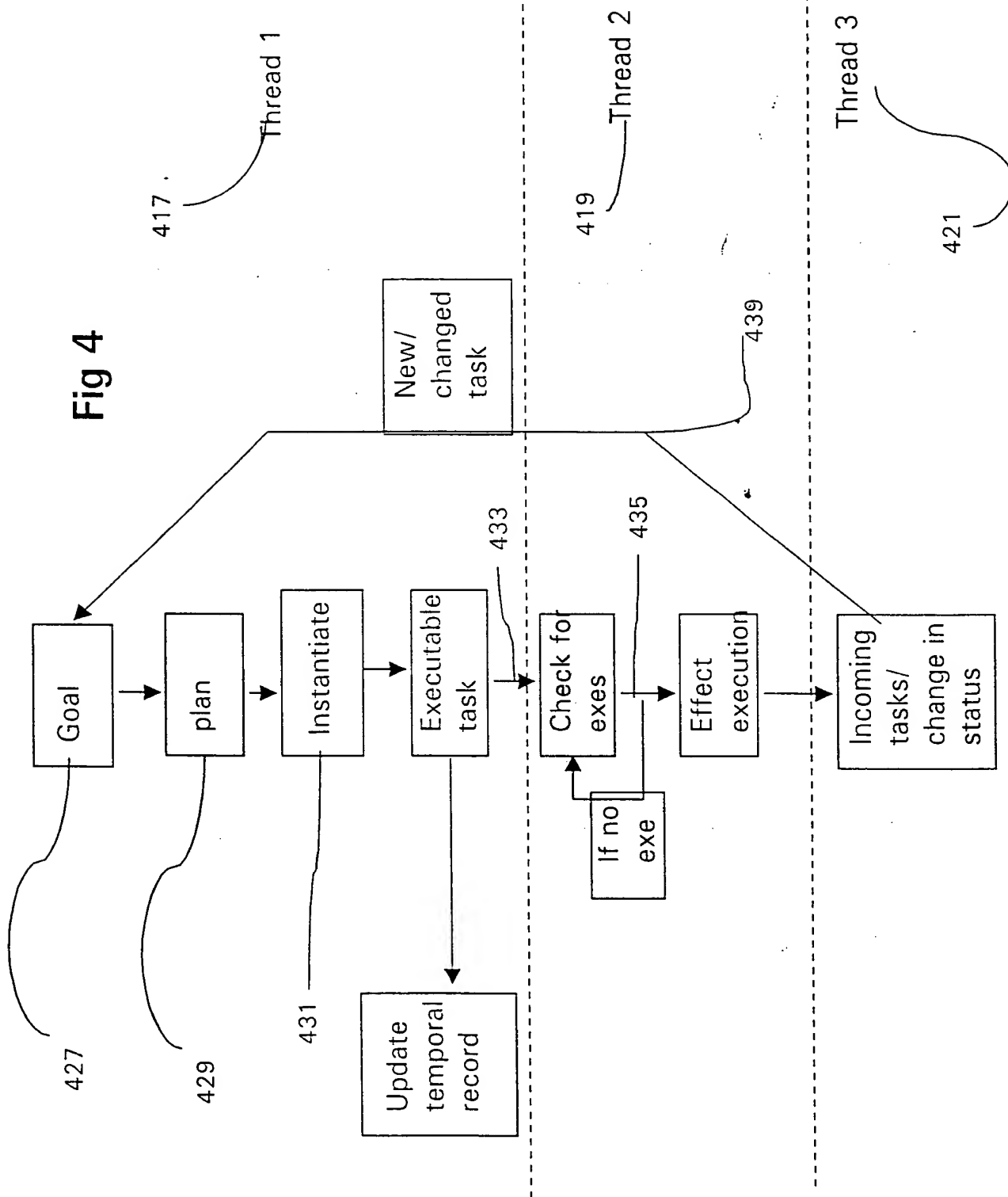


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Fig 4



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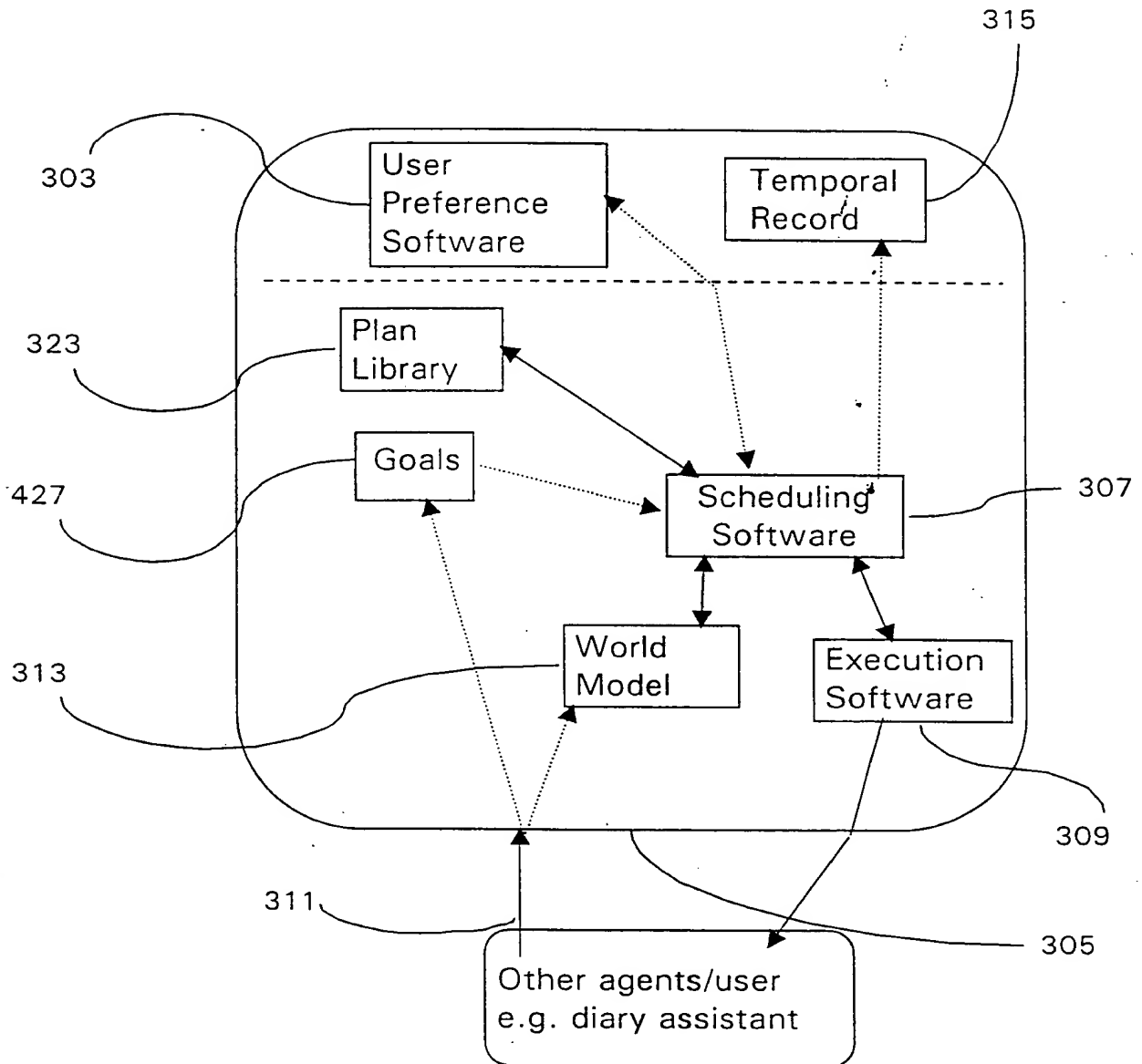


Fig 5

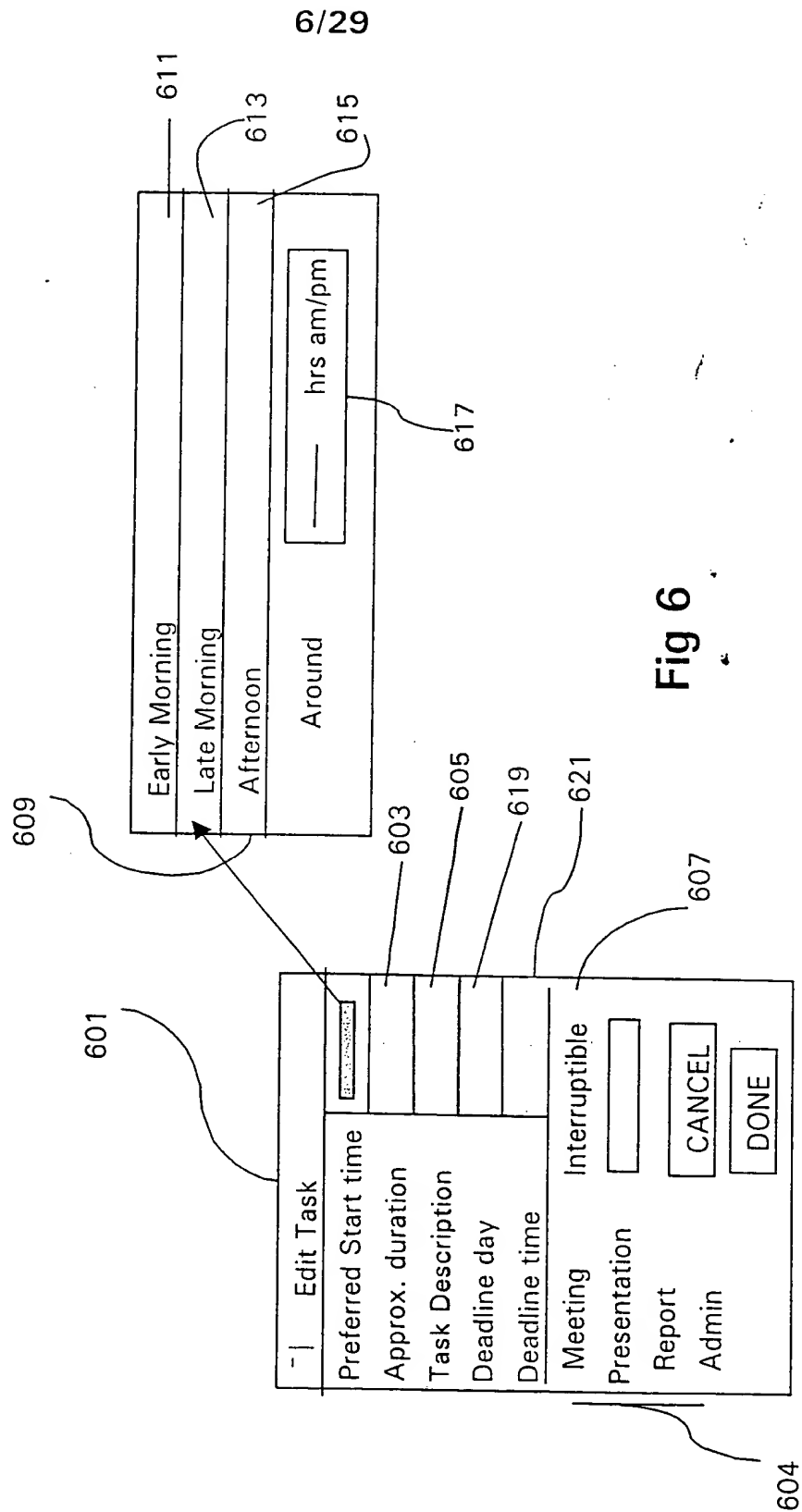


Fig 6

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- Diary Assistant				
Diary		Task		
Schedule			Thursday 22	Friday 23
To-Do List	<div>Add Task</div> <div>Edit Task</div> <div>Move Task</div> <div>Delete Task</div>	<div>12:00</div> <div>12:30</div> <div>13:00</div> <div>13:30</div> <div>14:00</div> <div>14:30</div> <div>15:00</div> <div>15:30</div> <div>16:00</div> <div>16:30</div> <div>17:00</div>		08:00
Clear Day			08:30	
Save Day			09:00	
Load Day			09:30	
Save Diary				10:00
				10:30
				11:00
				11:30
				12:00
				12:30
				13:00
				13:30
				14:00
				14:30
			15:00	
			15:30	
			16:00	
			16:30	
			17:00	
←	←	September 1998	→	→

Early
Morning

Fig 7

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Time (am)	Fuzzy ranking
8.00	0.75
8.30	1.0
9.00	0.5
9.30	0.25

Early morning

Fig 8

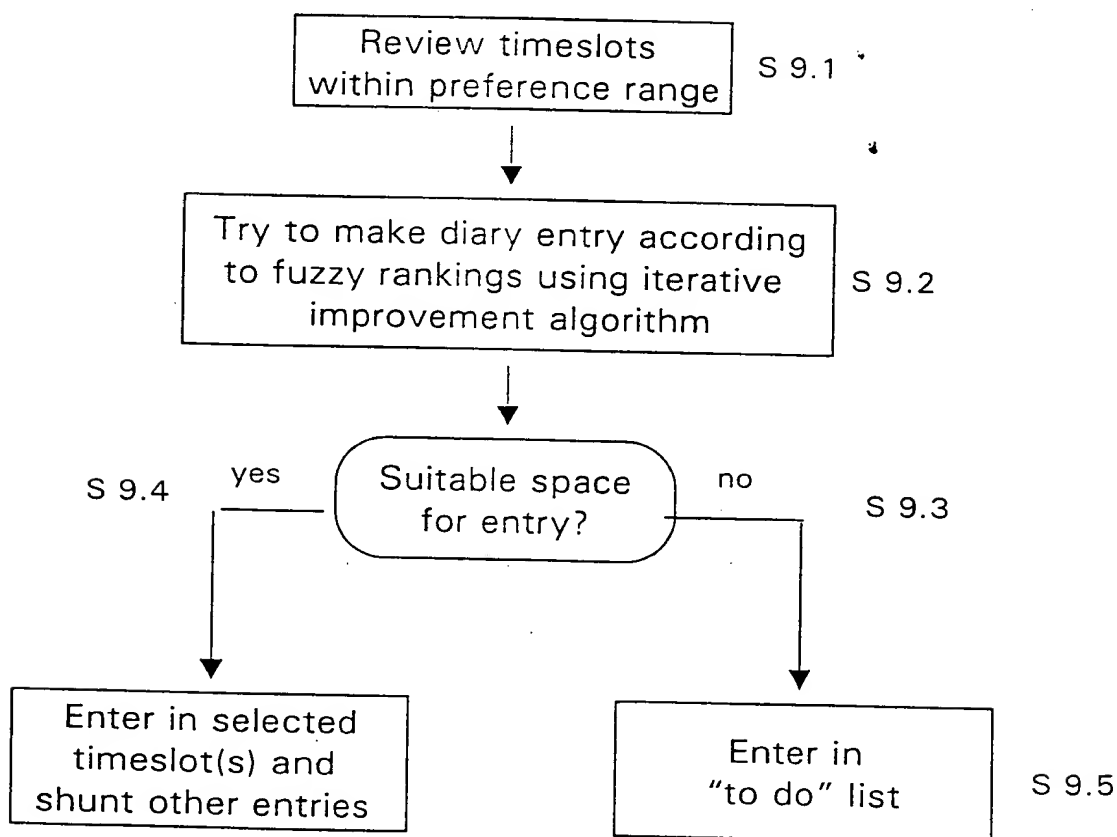


Fig 9

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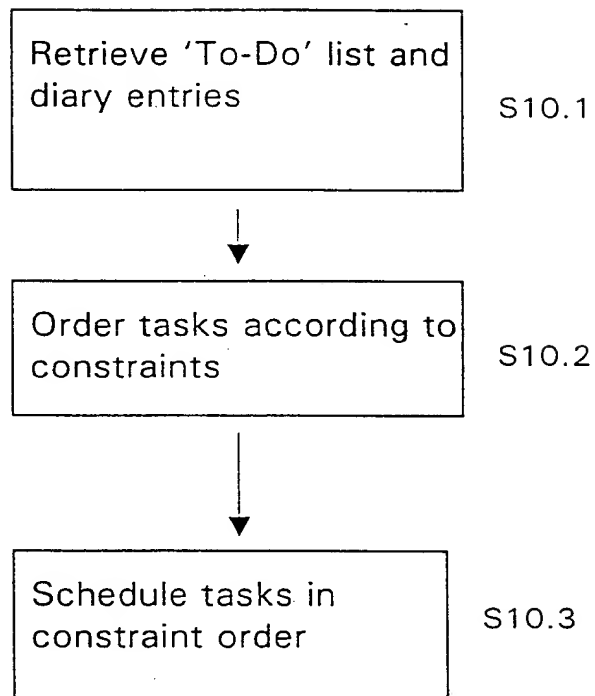


Fig 10

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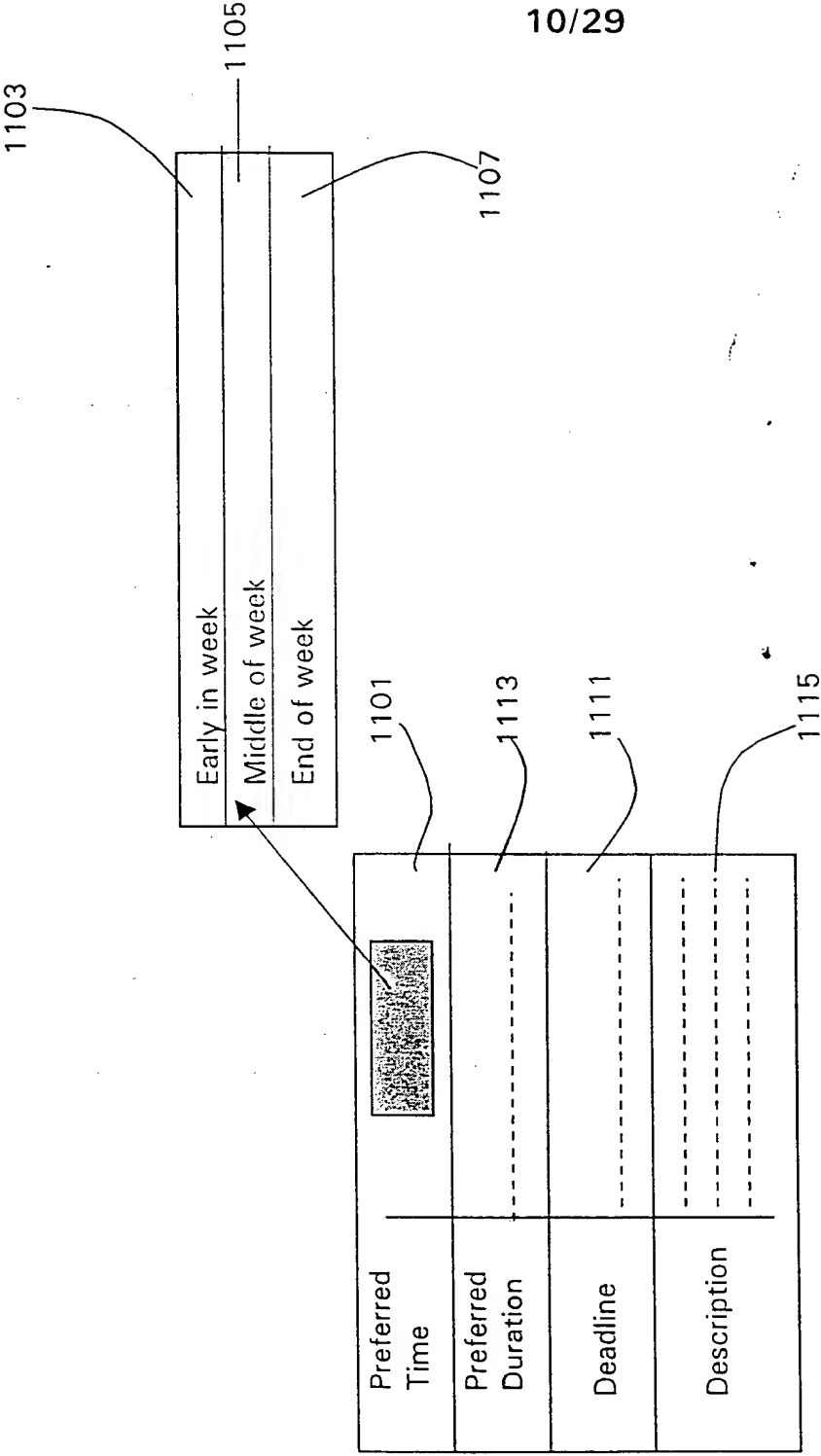


Fig 11

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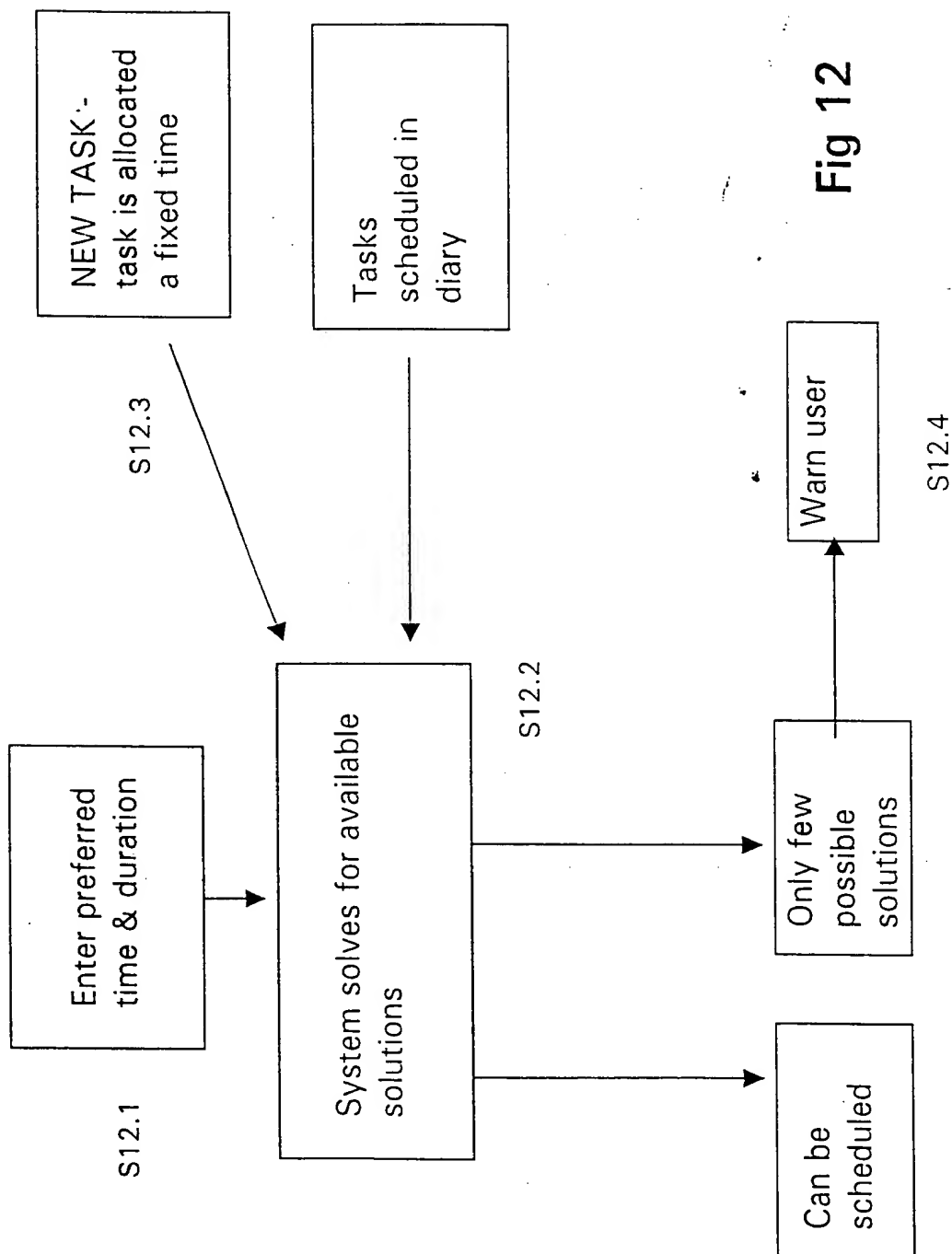


Fig 12

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Fig 13

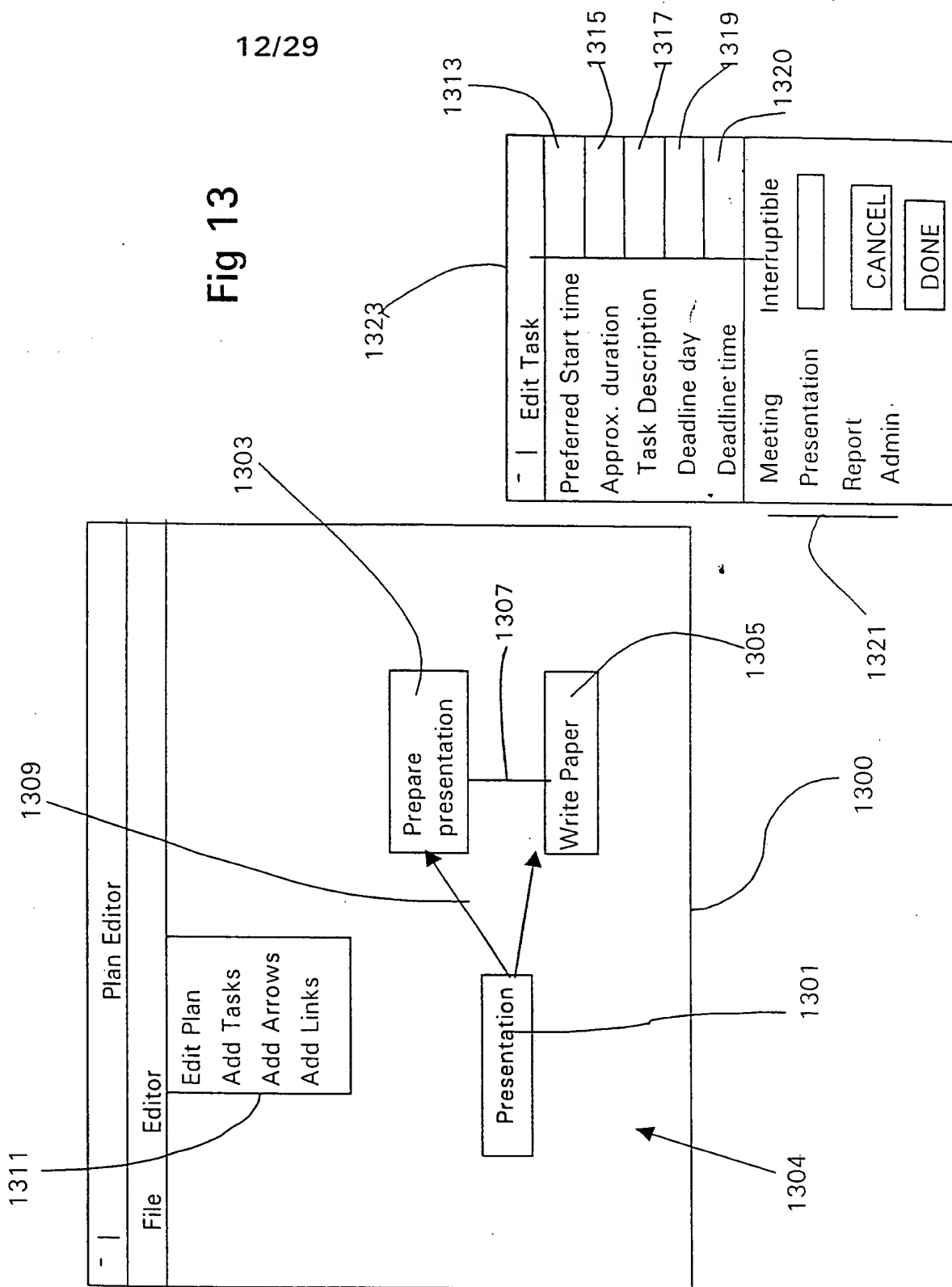
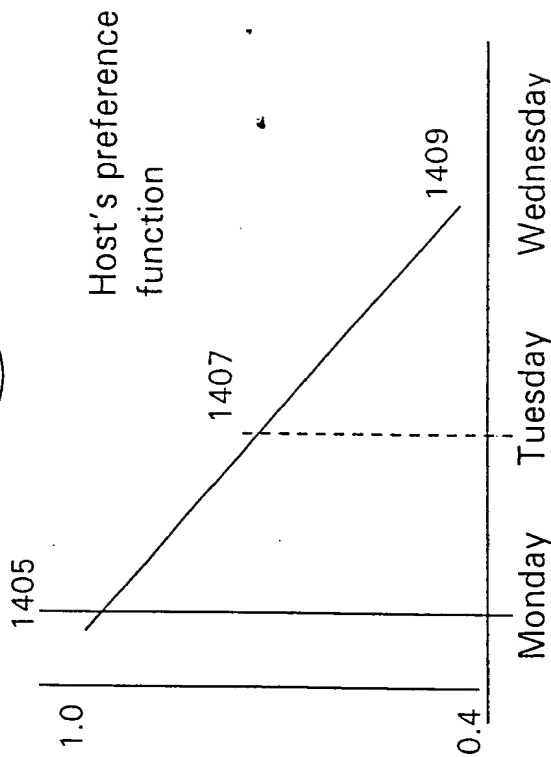
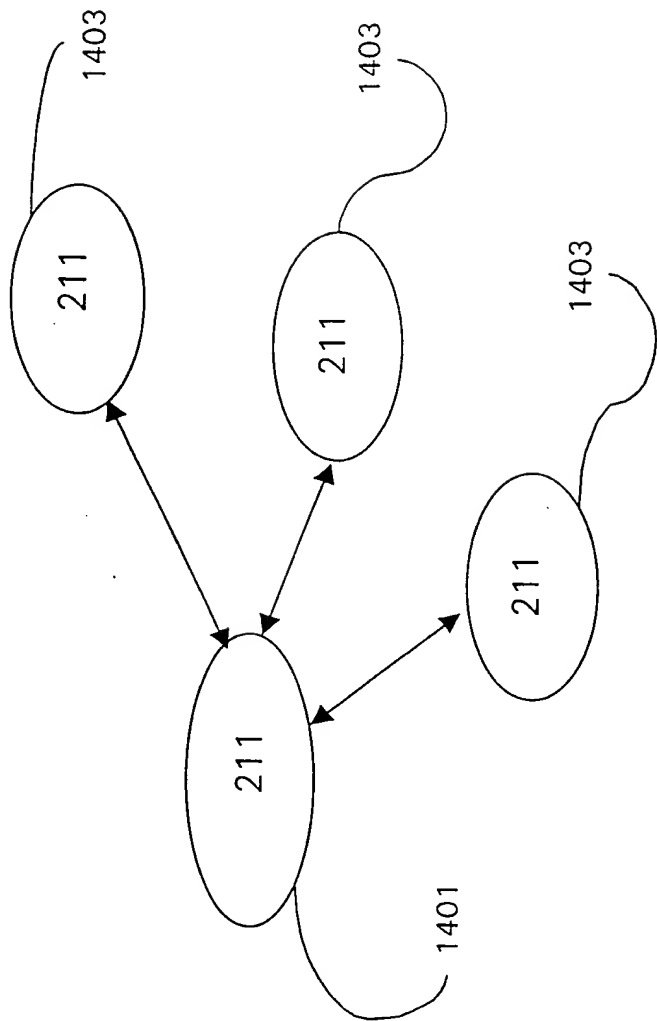
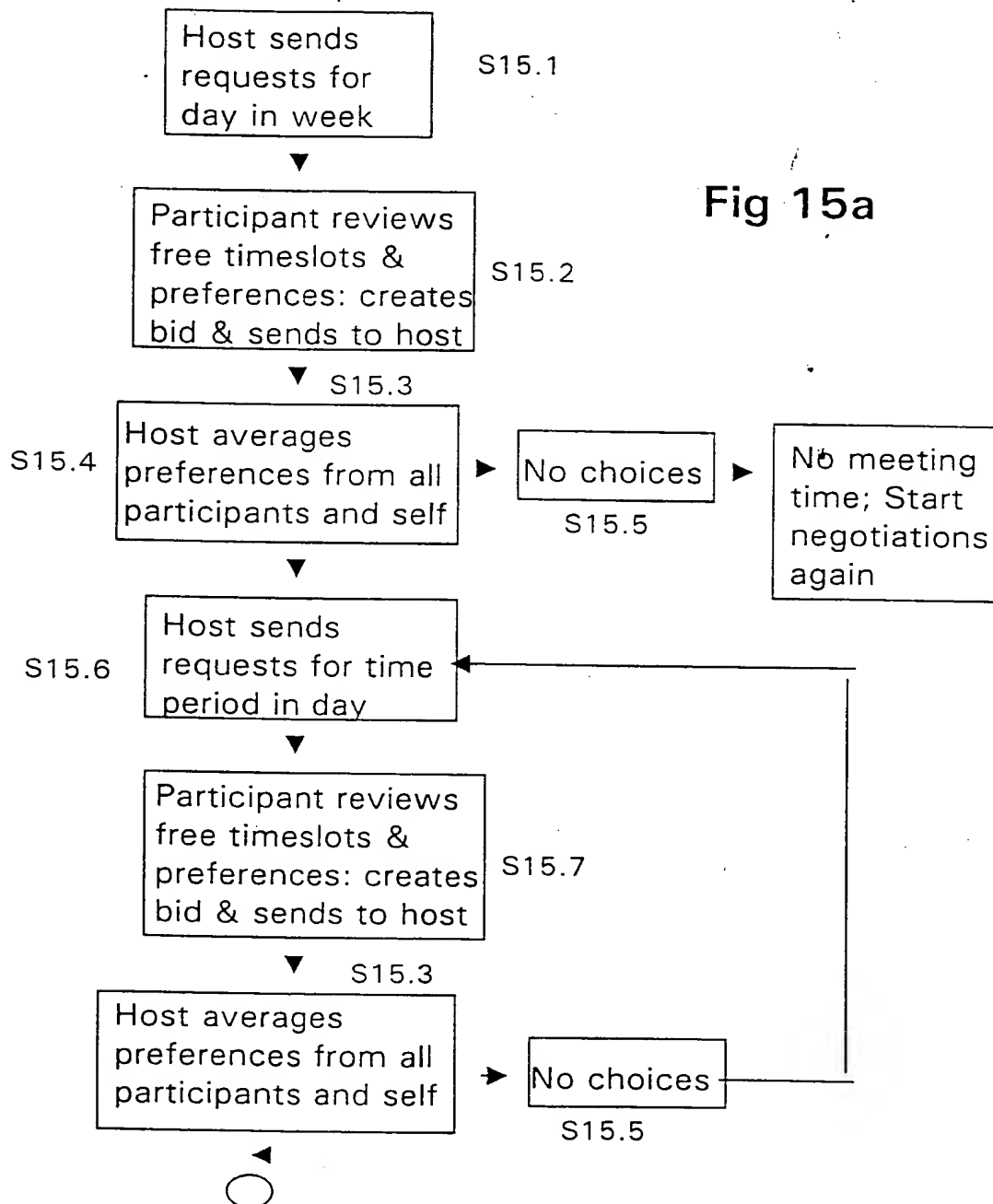


Fig 14



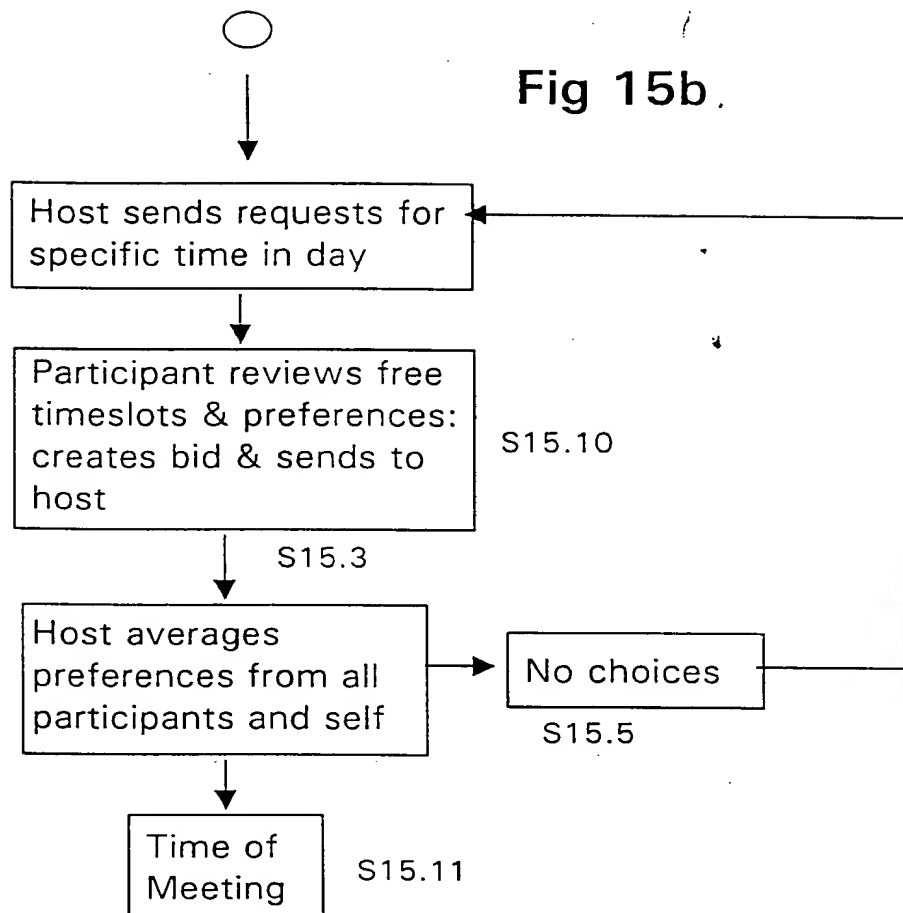
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Fig 15a



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Fig 15b.



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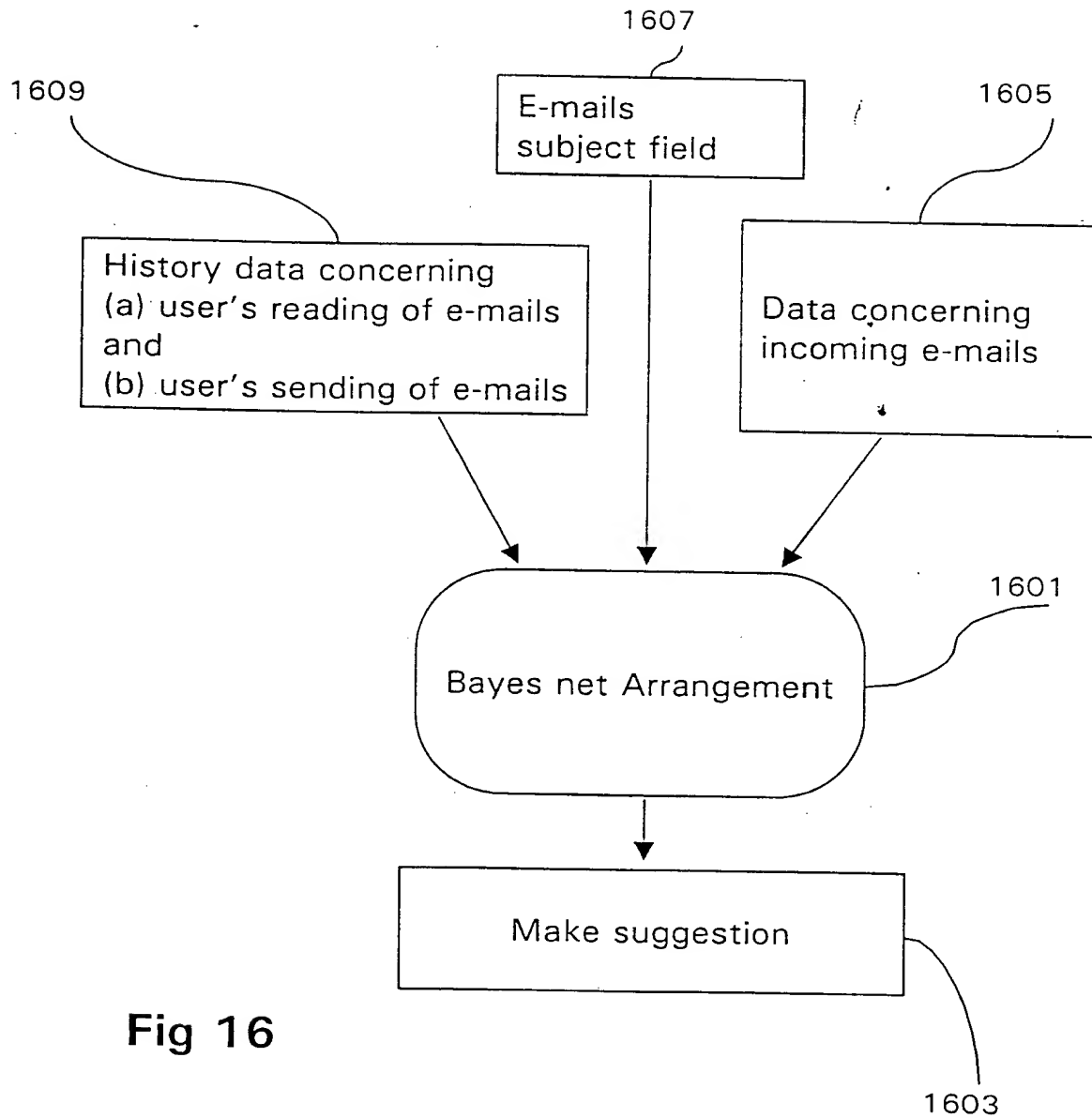
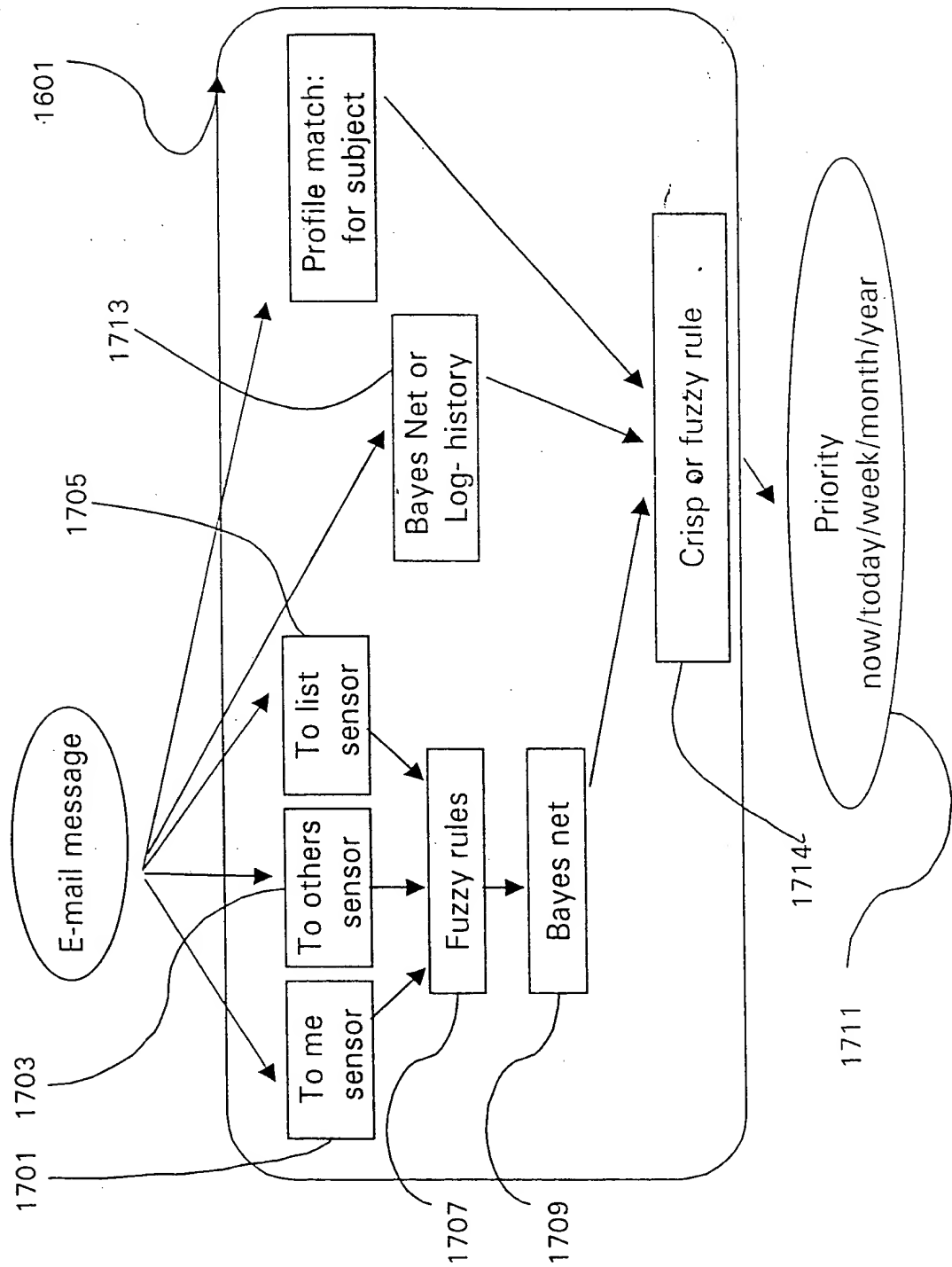


Fig 16

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Fig 17a



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Fig 17b

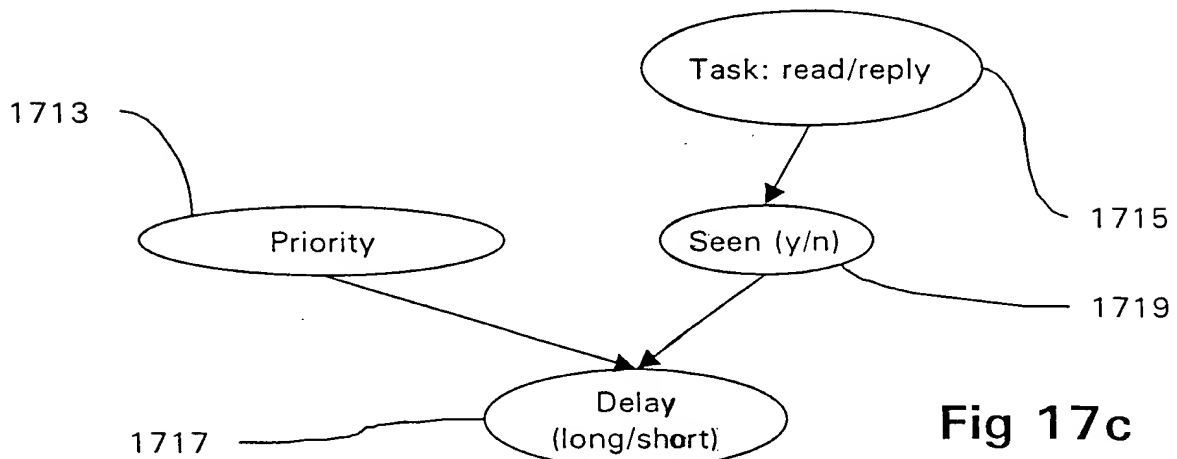
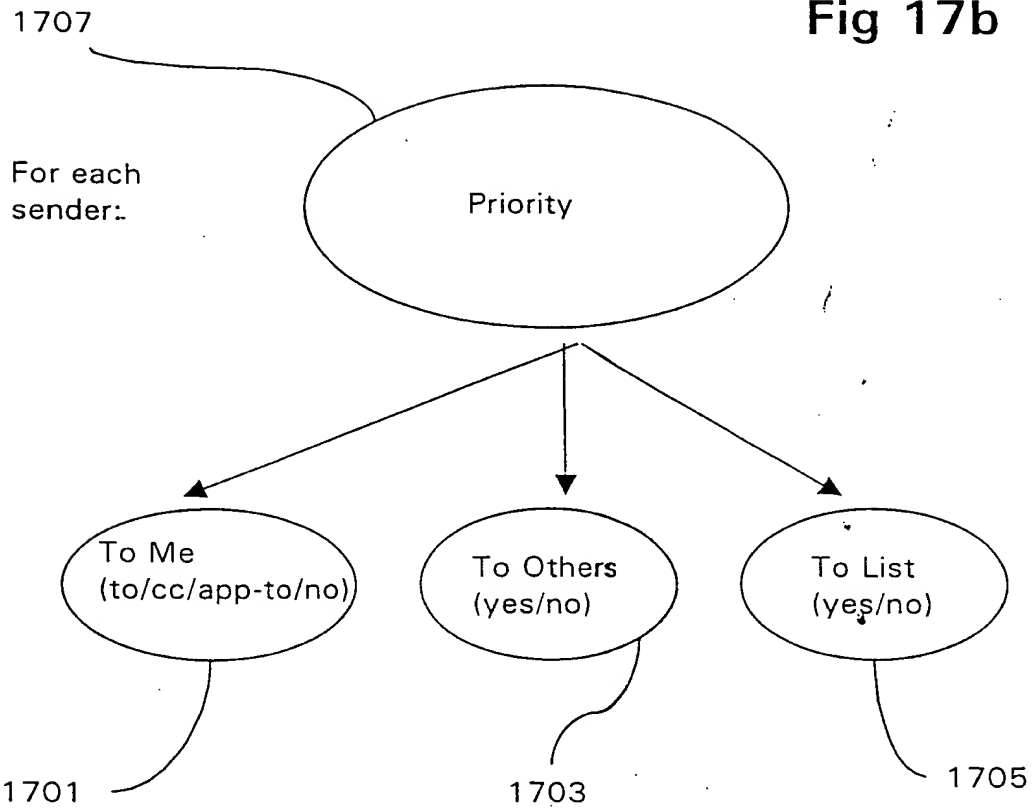
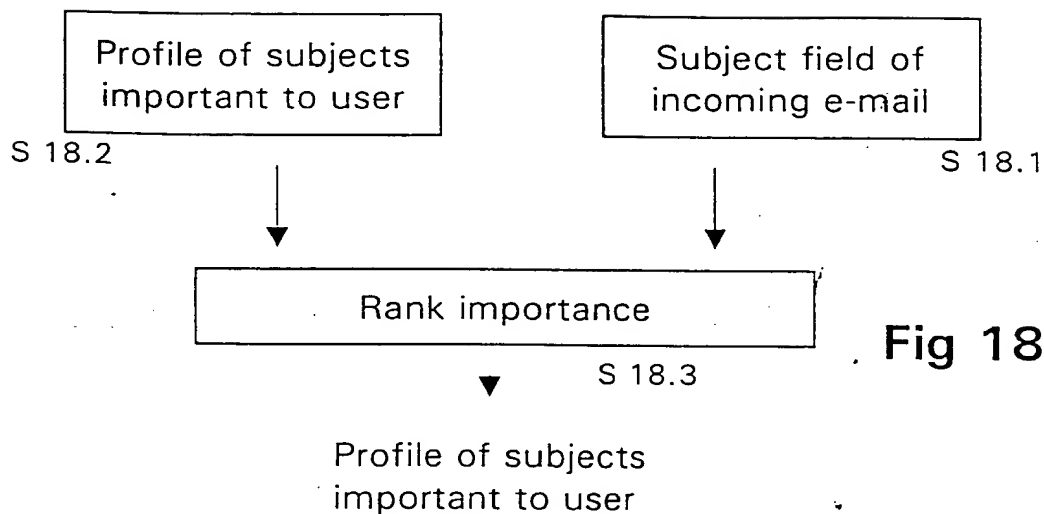
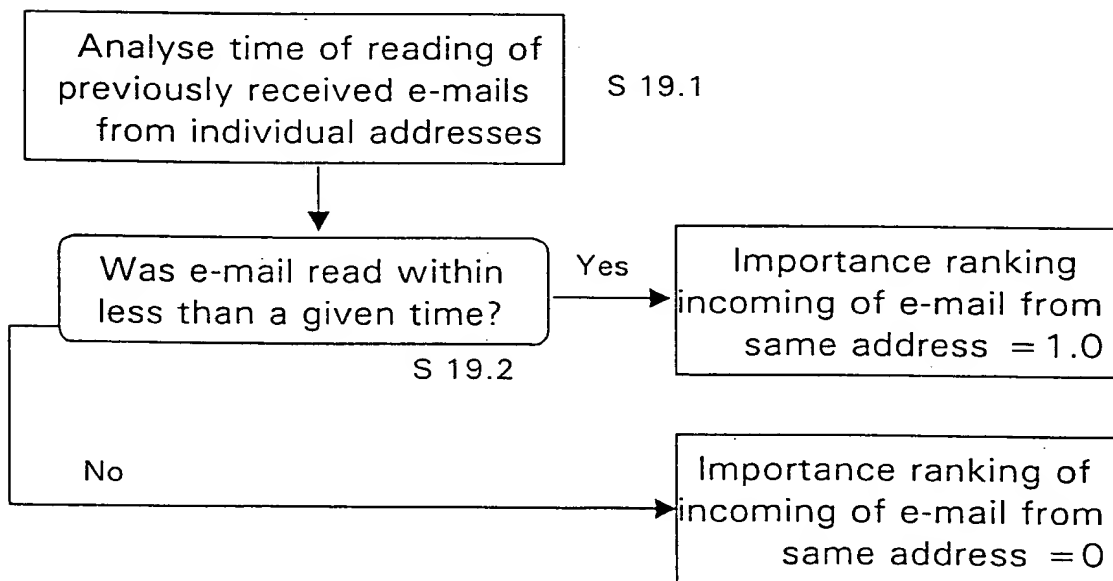


Fig 17c

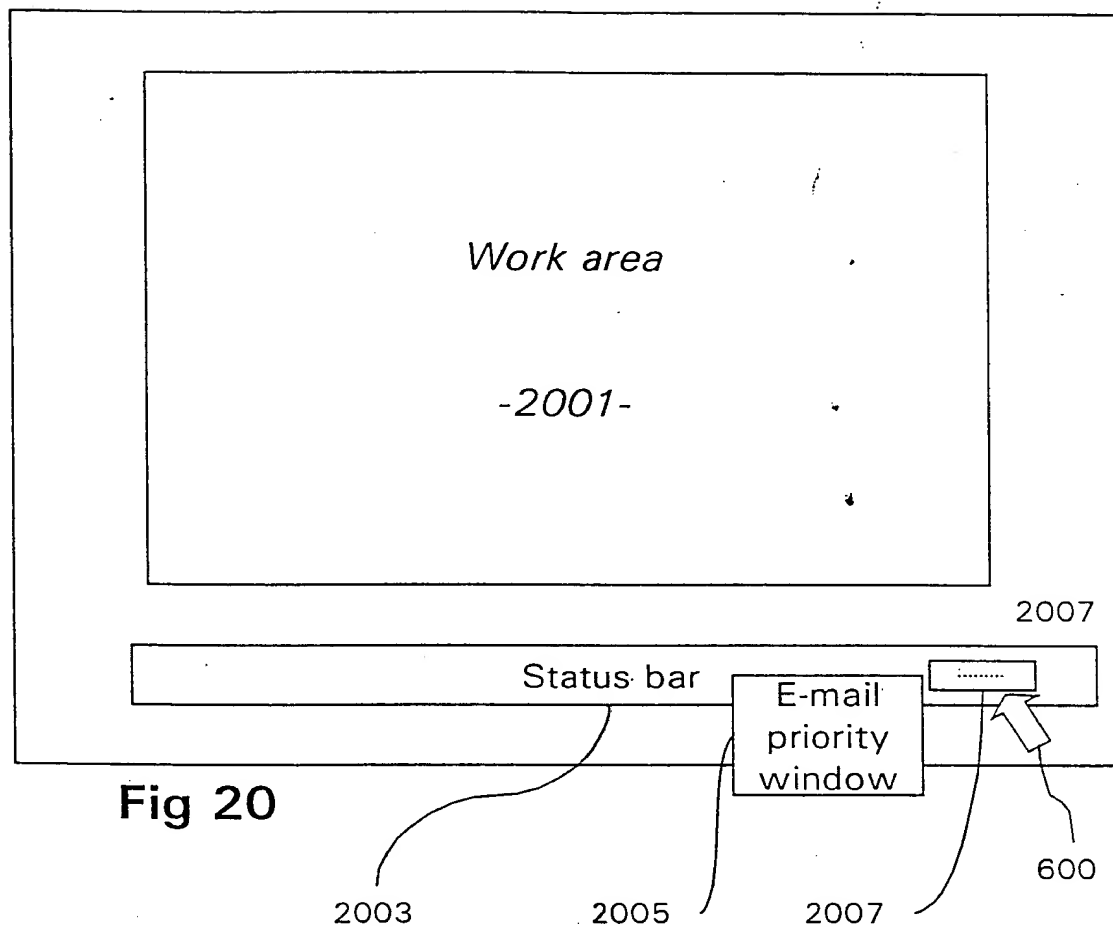
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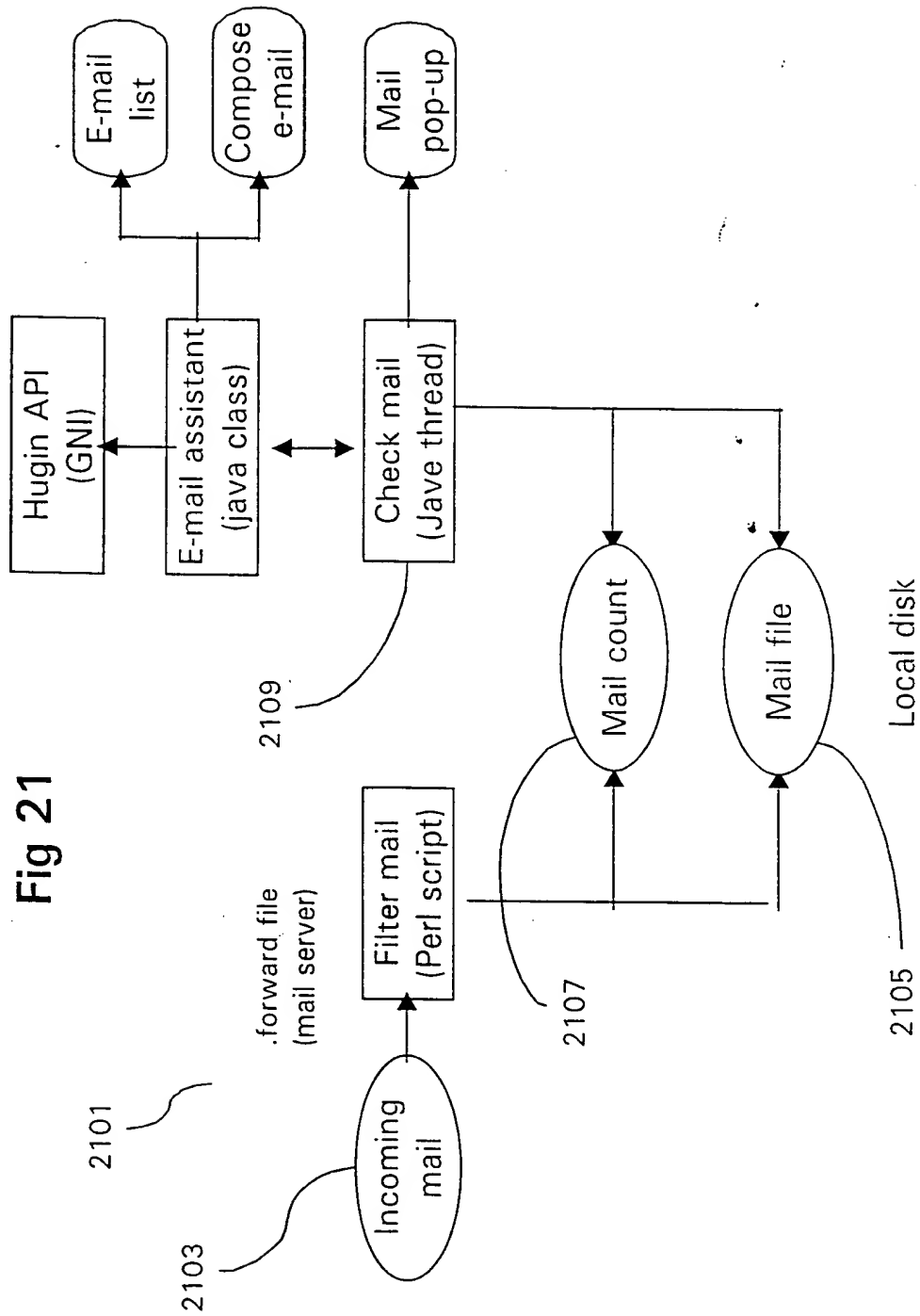
Monitor history of reading
previously received e-mails



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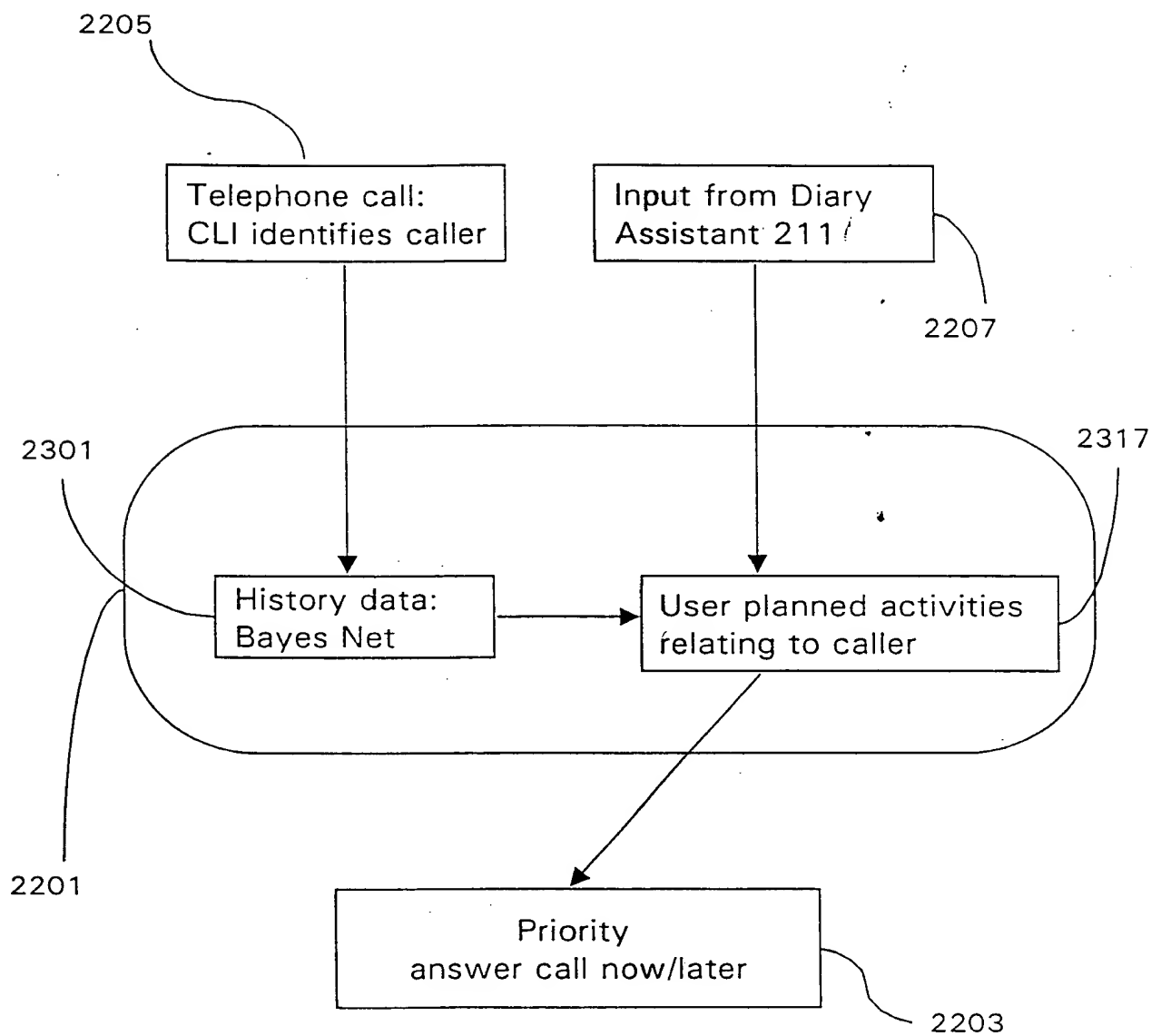


Fig 22

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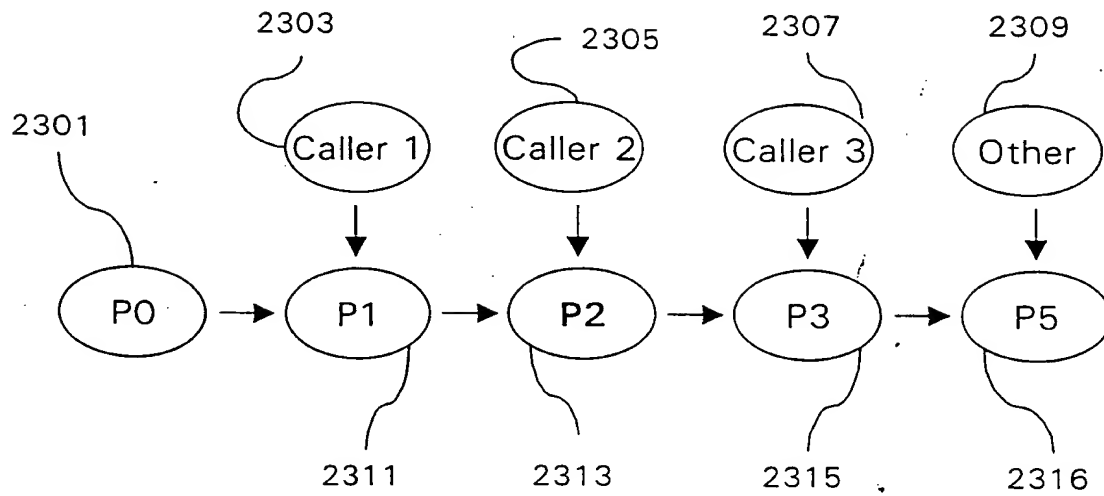


Fig 23a

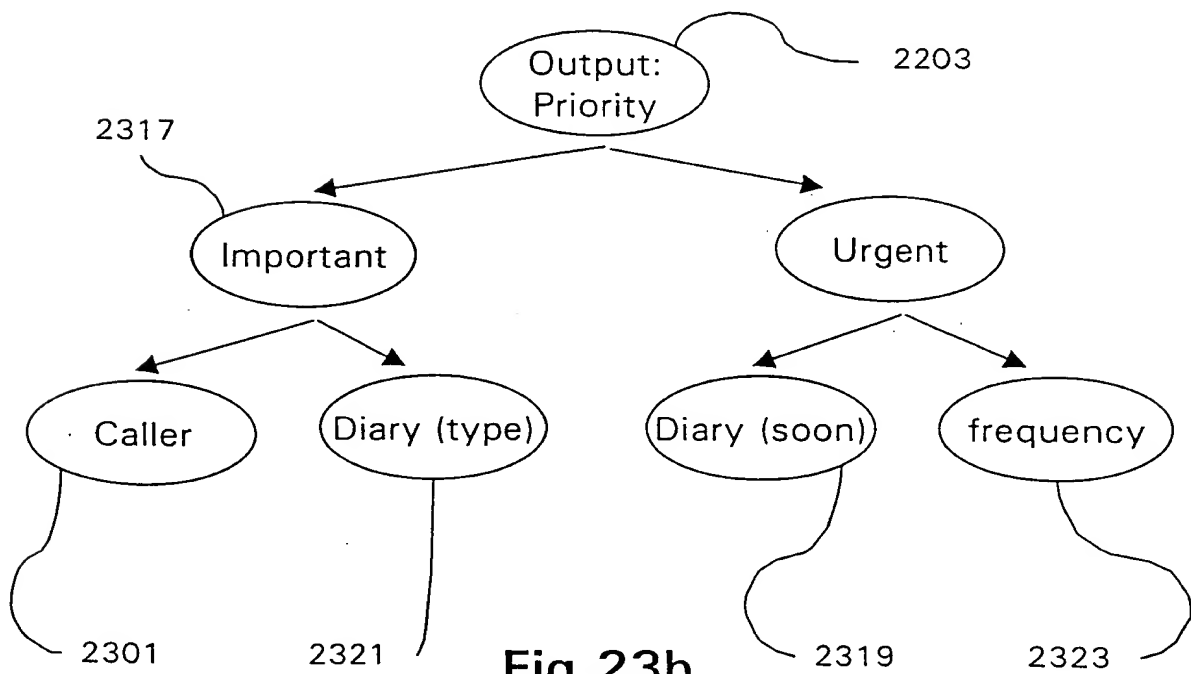


Fig 23b

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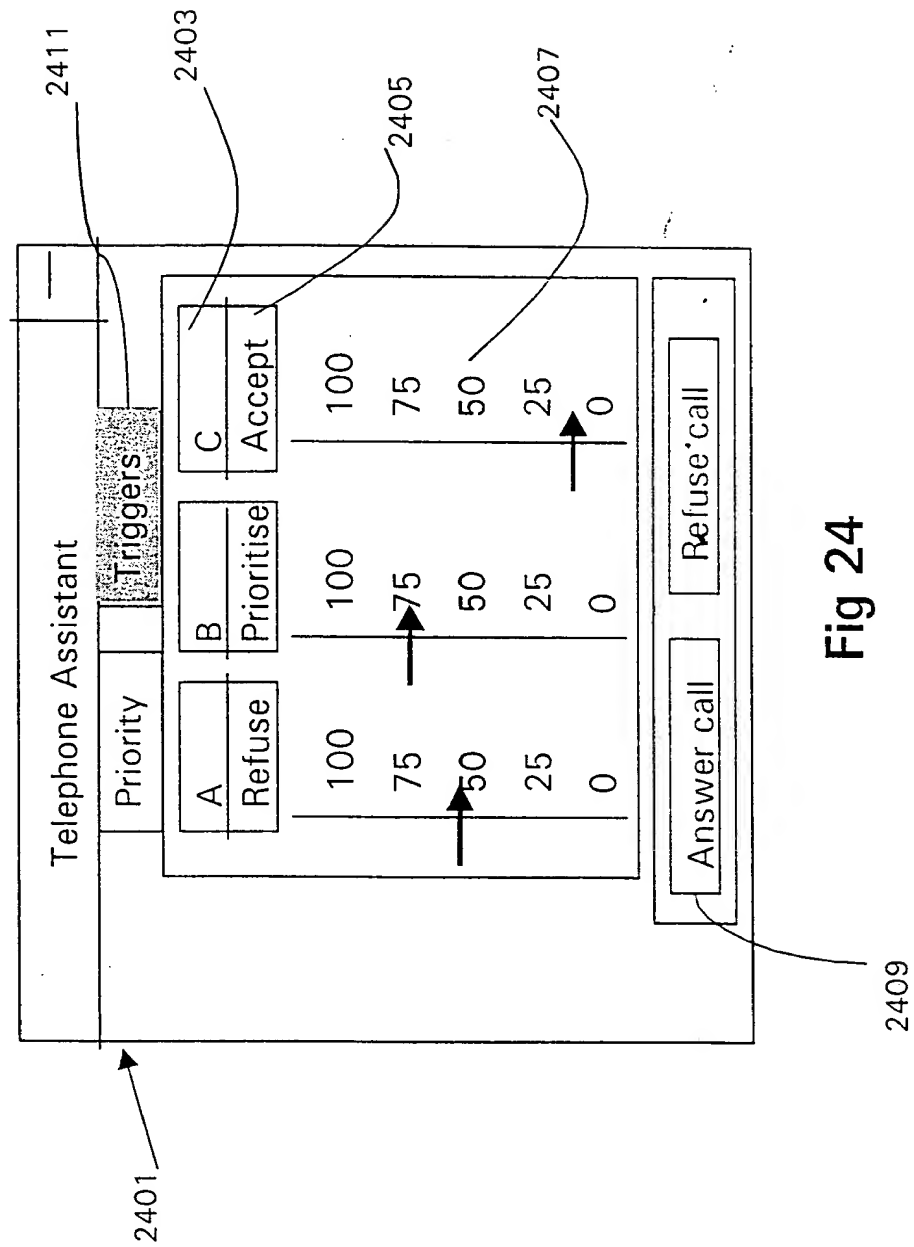


Fig 24

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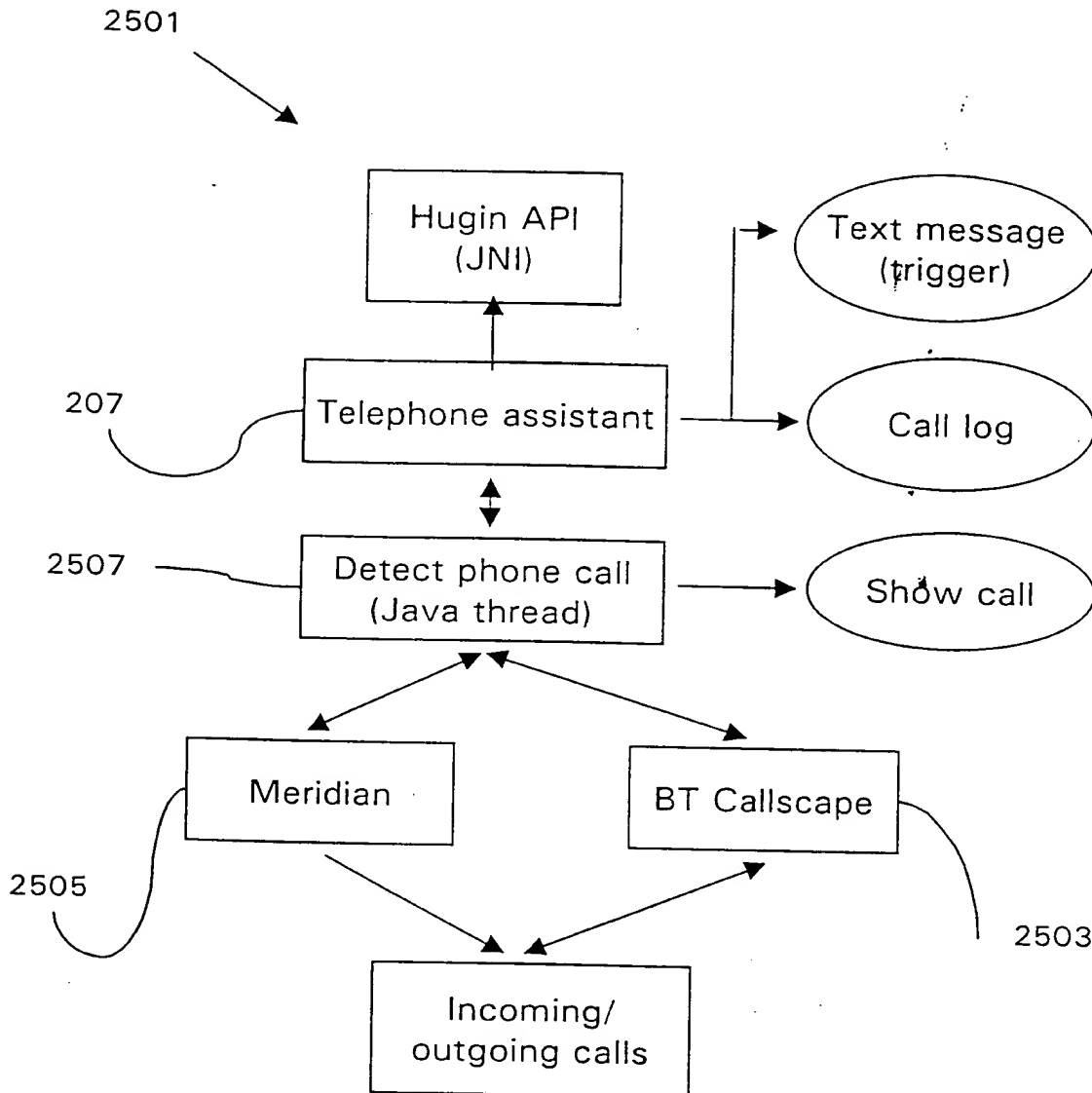
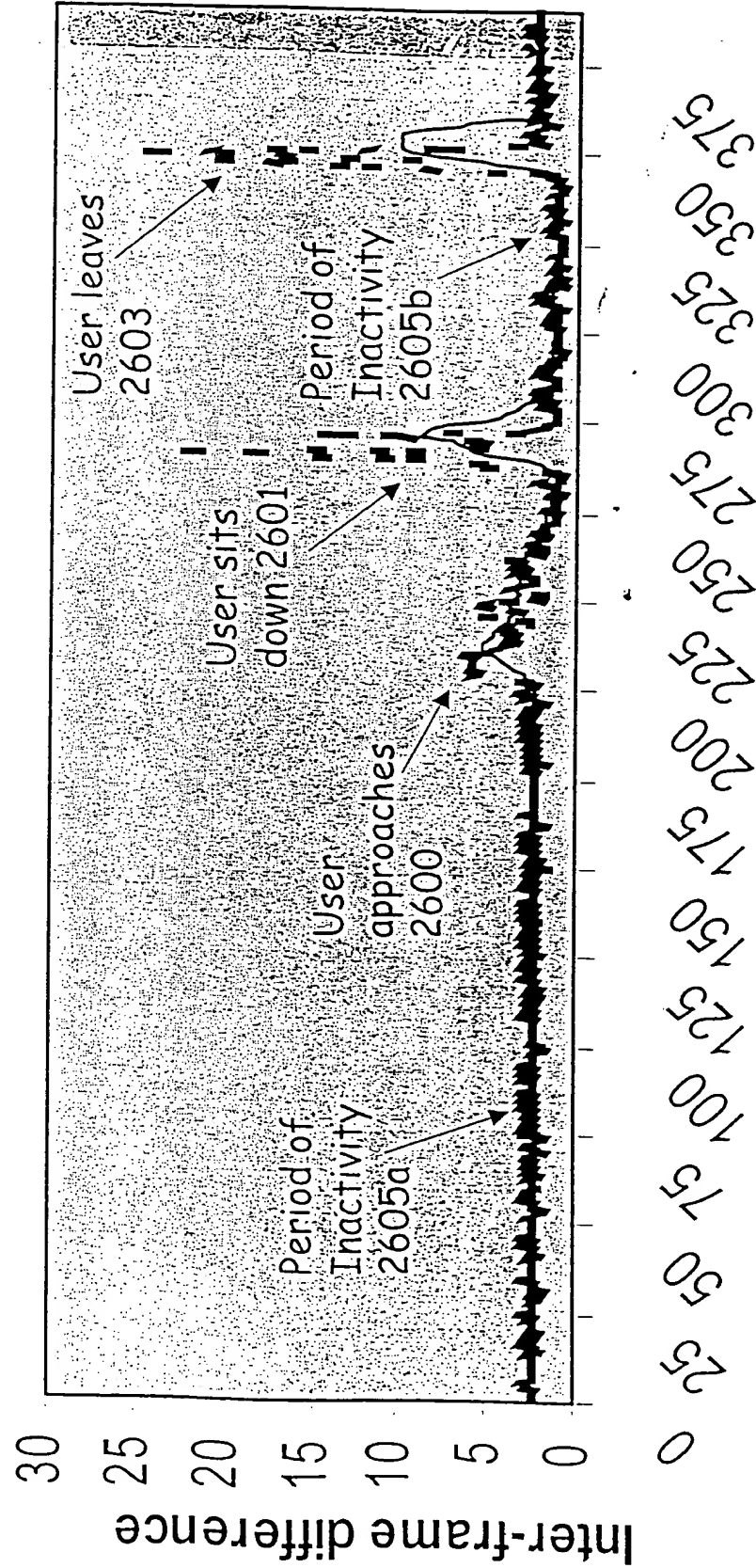


Fig 25

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--- raw data — moving average



Time Step Fig 26

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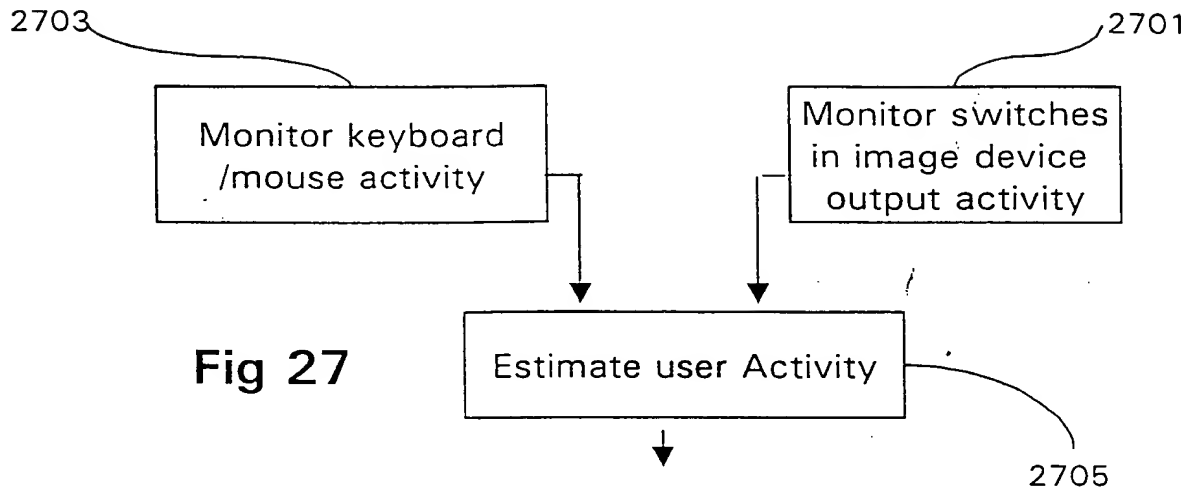
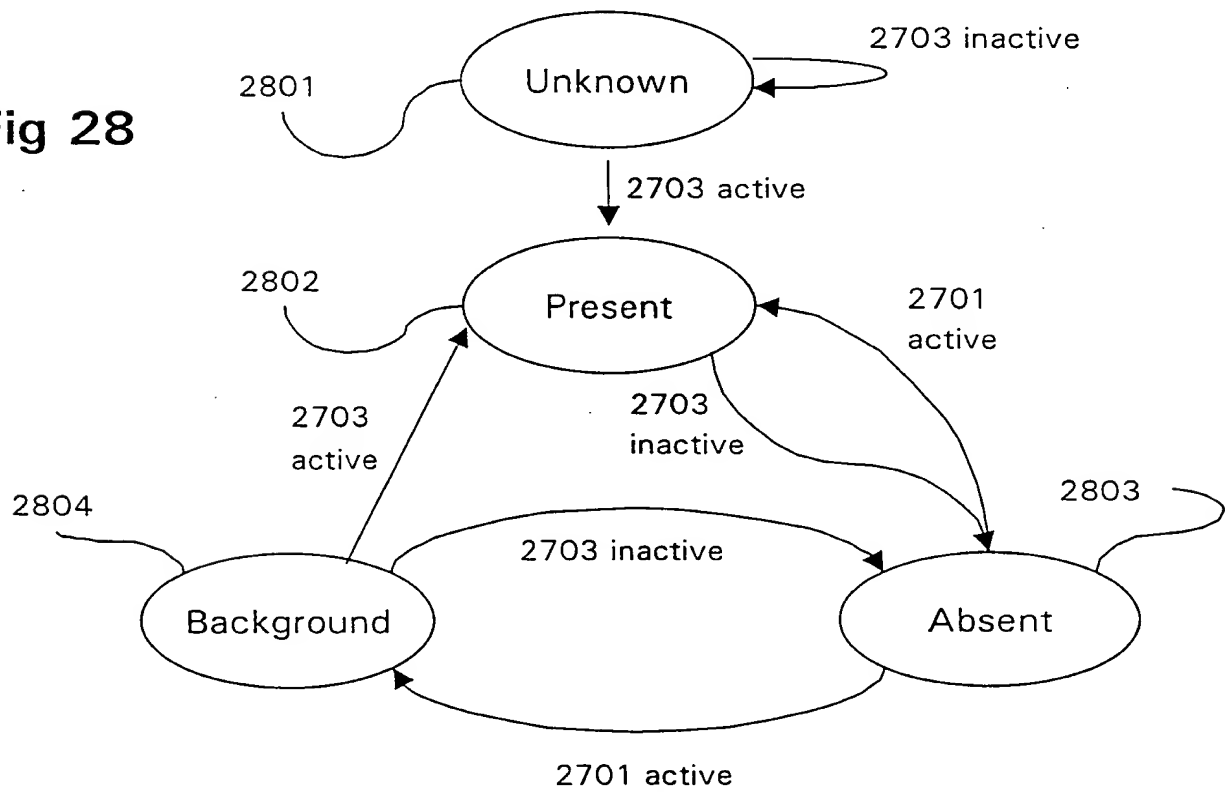


Fig 28



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Monitor stress level of user

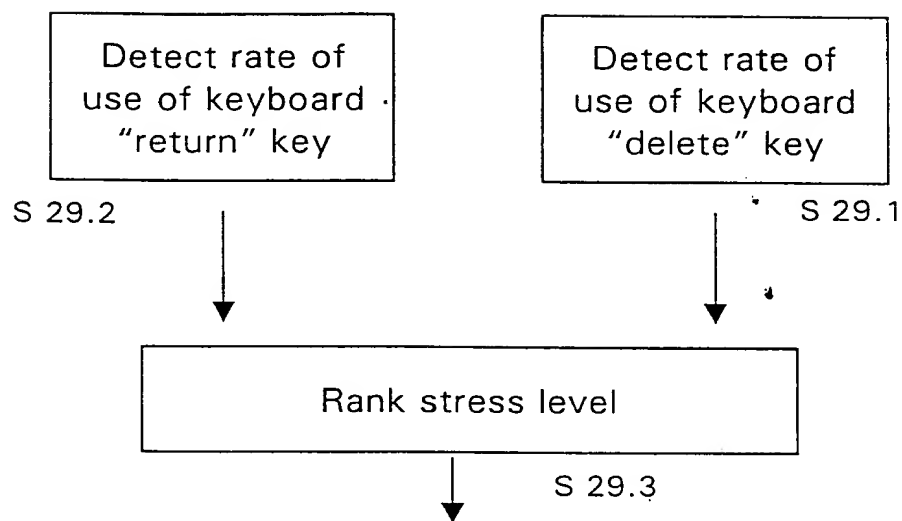


Fig 29

Fig 30

